

EXERCISE INSTRUCTIONS

High Blood Pressure (Hypertension)

*Always follow the advice of your provider (doctor/nurse practitioner/physician assistant).
The instructions below are general and should only be done with their approval.*

General Guidelines

- Warm-up: 10 minutes
- Aerobic: 30-60 minutes continuous or intermittent exercise
- Weight training: 10-20 minutes
- Cool-down: 10-15 minutes
- Stretching: Up to 5 minutes of light stretching

Warm-up

Easy/light movement that prepares muscles for aerobic and/or weight training exercise.

Aerobic

- Uses large muscle groups working together.
- Done 3-6 days per week at a moderate intensity. Over time, this should lower your blood pressure.
- Should cause an increase in heart rate (HR) and breathing rate, but you should still be able to carry on a conversation.
- Examples: walking, biking, and using a Nustep®.

Continuous exercise: exercise at the same pace for entire time. If unable to do 20 minutes of continuous exercise:

- Slow down and try to increase your time.
- Slowly increase intensity as you are able to increase your time.

If you can not do an entire workout at one time, try intermittent training – 20 minutes of aerobic exercise more than once a day, up to a total of 60 minutes.

Weight Training

- Aim for high repetitions (reps) with light weights 2-3 days per week,
- Start with 1 set of 12-15 reps per muscle group (**legs, back, chest, shoulders, arms**) and
- Increase up to 3 sets of 15 reps when able to tolerate.
- Strength training should only be performed after some form of cardiovascular warm-up.
- Be sure to breathe out on the exertional part of the exercise
- **NOTE:** it is not safe to do isometric training (pushing against a fixed object or a high resistance without movement) at this time.

Cool-down

Similar to the warm-up (slightly lengthened); light movement to help bring your heart rate (HR) and blood pressure back down to its resting level.

Flexibility/Stretching

- Stretching decreases muscle soreness and increases flexibility.
- Done after every workout session.
- Hold stretch up to 30 seconds (as tolerated) without moving, and be sure to keep breathing.

PRECAUTIONS

- Your physician should clear you before you start an exercise program.
- People with known high blood pressure and heart disease/chronic heart failure may need to lower workout intensity.
- Exercise may result in fluid loss (dehydration) so drink fluids to prevent low blood pressure after exercise. However, patients on fluid restriction should ask for more specific advice.

WHEN TO CALL & WHO TO CALL

If you have any of these symptoms before or during exercise, stop exercise immediately and contact your physician:

- Chest pain
- Shortness of breath
- Lightheadedness, or
- Drop of 10mmHg in blood pressure (BP) during exercise (if able to check BP while exercising)
- Anything that feels different than usual.

RATING OF PERCEIVED EXERTION (RPE)

Use this scale to find the intensity level of your exercise. A rating of 11-13 is ideal.

6	
7	Very, Very Light
8	
9	Very Light
10	
11	Fairly Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Very, Very Hard
20	

For questions about exercise, call the exercise consultants at:

Cardiovascular Center

734-936-5627

Cardiovascular Medicine at Domino's Farms

734-998-5666 or 998-7400

Developed by Preventive Cardiology (Exercise Physiologists), UMHS.